

Potatoes, Oven Brownd100rev

Number of Servings: 100 (69.3 g per serving)

Amount	Measure	Ingredient
50.00	ea	Potatoes, baked, unsalted, sml, 1 3/4" to 2 1/2"
100.00	svg	Cooking Spray, butter flvr, 1/3 sec spray
1.00	Tbs	Salt, table, iodized

Nutrients per serving

Nutrition Facts			
Serving Size (69g)			
Servings Per Container			
Amount Per Serving			
Calories 70	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 80mg	3%		
Total Carbohydrate 15g	5%		
Dietary Fiber 2g	8%		
Sugars 1g			
Protein 2g			
Vitamin A 0%	Vitamin C 10%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* If possible buy potatoes that are ~1 cup in size (these will then be cut in four pieces). If not possible cut other potatoes in to 1/4 cup sized pieces. 2 pieces will be served per serving. Each serving will = about 1/2 cup.

Scub and eye potatoes. Cut in to 1/4 cup sized pieces. Partially cook by boiling or steaming about 10 minutes.

Serve 2 pieces/serving with tongs = 1 vegetable serving.

Place potatoes on well sprayed baking sheets. Spray generously with butter flavored cooking spray.

Bake at 450 degrees F for 1 hour or until tender. Turn after 30 minutes to keep from sticking and to ensure uniform browning.

note for analysis: 1/2 of small potato = 15 grams CHO